Kufahamu kwamba mfanyakazi mwenzako amepimwa na kuonekana ana COVID-19 kunaweza kukupa mkazo, lakini ziko hatua ambazo unaweza kuchukua ili kubaki salama. Mwongozo huu unafaa kwa walio wengi, lakini mwongozo mahsusi zaidi unaweza kuhitajika kwa wafanyakazi wa sekta fulani, kama watu wanaofanya kazi sehemu wanamoishi watu wengi na wafanyakazi muhimu wa miundombinu ya utunzaji.

Nitajuaje kuwa mfanyakazi mwenzangu amepimwa na kuonekana ana virusi?

Mfanyakazi mwenzako anaweza kukuambia moja kwa moja, mwajiri wako anaweza kukuambia, au unaweza kupokea simu kutoka Idara ya Afya ikiwa ulitangamana kwa karibu na mfanyakazi mwenzako aliyepatikana kuwa ana virusi.

Kunaweza kuwa na taarifa potofu na shaka juu ya kupata COVID-19 miongoni mwa wafanyakazi. Kumbuka kuwapa wafanyakazi wenzako heshima na kudumisha usiri.

Kwanini Idara ya Afya inaweza kunipigia simu?

Wakati mtu akipimwa na kuonekana ana COVID-19, Idara ya Afya inawasiliana naye ili kufahamu waliotangamana naye kwa karibu wakati wa kipindi cha maambukizi (kuanzia siku mbili kabla ya kuanza kwa dalili au siku mbili kabla ya matokeo chanya kwa wale ambao hawakuwa na dalili). Kutangamana kwa karibu kunamaanisha kuwa karibu umbali wa futi 6 kwa angalau dakika 15. Idara ya Afya itamfuatilia kila mtu aliyekuwa karibu ili kutathmini hatari yao kupata COVID-19 na kutoa maelezo ya namna ya kubaki nyumbani na umuhimu wa kupimwa.

Je, lini nitahitaji kujitenga na kukaa nyumbani bila kwenda kazini?

Ikiwa **umekuwa** katika utangamano wa karibu na mtu aliye na COVID-19 akiwa na maambukizi, unapaswa kujitenga kwa siku 14. Siku 0 ni siku ya mwisho uliyotangamana na mtu huyo. Kunaweza kuwa na tofauti kwa mwongozo wa karantini kulingana na aina ya ajira na uwezo wa wafanyakazi. Idara ya Afya itakupa mwongozo maalum na hatua za kuchukua zinazofuata.

Unaweza kuwasiliana na mtoa huduma wako ya afya juu ya kupimwa katika au baada ya siku ya 7 za kujitenga, ikiwa hujaonyesha dalili. Chaguo hili halipatikani kwa wale wanaofanya kazi katika mipangilio ya karibu mahali ambapo kuna hatari kubwa ya kuambukizwa COVID-19 kwa watu walio katika mazingira hatarishi, kama vile vituo vya kuhudumiwa na mahabusu. Ikiwa kipimo chako kinaonyesha huna virusi, unaweza kumaliza karantini mapema na urudi kazini.

Kwa wote waliotangamana kwa karibu na waliopimwa na kuonekana wana virusi: Si kipimo cha kuonyesha huna virusi vya COVID-19 wala barua kutoka Idara ya Afya vitakavyohitajika na mwajiri wako ili kurudi kazini. Idara ya Afya haitoi barua zinazoonyesha kuwa unaweza kurudi kazini.

Ikiwa **hukutangamana** kwa karibu na mtu aliye na COVID-19 wakati akiwa ana maambukizi, unaweza kwenda kazini na huhitaji kujitenga.

Je, ni kipi kingine ninapaswa kujua kuhusu COVID-19?

Swahili

- Magonjwa yanaweza kumfanya mtu yeyote kuumwa bila ya kujali rangi au asili/umbari wake. Hofu na wasiwasi juu ya COVID-19 inaweza kusababisha watu kujiepusha au kuwatenga wengine ingawa hawako katika hatari ya kueneza virusi.

- Watu wanaweza kueneza virusi ambavyo husababisha COVID-19 hadi siku mbili kabla ya kuwa na dalili. Hata hivyo, baadhi ya watu wenye COVID-19 hawaonyeshi dalili zozote.

- COVID-19 inadhaniwa kuenea kupitia utangamano wa karibu kutoka kwa mtu-hadi-mtu, kupitia matone ya kupumua yanayojitokeza wakati mtu aliyeambukizwa anapokohoa, kupiga chafya, au kuzungumza. Epuka kugusa macho yako, pua au mdomo kwa mikono isiyooshwa.

- Funika mdomo wako na pua kwa barakoa unapokuwa karibu na wengine nje ya nyumba yako.

- Kaa nyumbani (si kazini) ukiwa na homa, baridi, kikohozi, upungufu wa pumzi, uchovu, maumivu ya misuli au mwili, maumivu ya kichwa, upotezaji mpya wa ladha au harufu, kuwashwa koo, msongamano, kamasi, kichefuchefu, kutapika, au kuhara. Wasiliana na mtoa huduma wako wa afya ili kupimwa.

- Osha mikono yako mara kwa mara, kwa sabuni na maji kwa sekunde 20 au kitakasa mikono ambacho kina kileo kwa angalau 60%.

- Epuka kuchangia vitu au sehemu za kazi na wengine na safisha vizuri kabisa sehemu za kazi kabla na baada ya kufanya kazi kila siku.

- Watu wanaopimwa na kuonekana wana virusi hivi hawapaswi kurudi kazini hadi wamalize kipindi cha kujitenga nyumbani .

- Mtu ambaye amekamilisha karantini au ameruhusiwa kutoka kwenye kujitenga hana hatari ya kuambukiza watu wengine.

- Sehemu ambazo zilitumiwa na mtu aliyepatikana na COVID-19 zinaweza kutumiwa na watu wengine mara tu maeneo hayo yatakaposafishwa na kutakaswa. Ikiwa zimefika siku saba tangu mtu huyo alipokuwa katika eneo hilo, usafishaji zaidi ya kawaida na kutakasa hauhitajiki.

Je, ninaweza kupata wapi taarifa na msaada zaidi?

- Tovuti ya COVID-19 ya Vermont

- COVID-19 Maswali Yanayoulizwa Mara kwa Mara

- Jinsi ya kukabiliana na Mkazo Kazini na Kujenga Ustahimilivu wakati wa Janga la COVID-19

- Jamii, Shule, Sehemu za kazi, na Matukio

- Nini cha kufanya ikiwa umetangamana kwa karibu na mtu aliyepatikana na COVID-19

- Kukabiliana na Mkazo

- Jinsi ya Kujikinga na Kuwakinga Wengine

Swahili

Learning that a co-worker has tested positive for COVID-19 can be stressful, but there are actions you can take to stay safe. This guidance applies to most people, but more specific guidance may supersede this for employees from certain sectors, such as people who work in congregate living facilities and critical care infrastructure workers.

How will I know if my co-worker tested positive?

Your co-worker may tell you directly, your employer may tell you, or you may receive a call from the Health Department if you had possible close contact with a co-worker who tested positive.

There may be misinformation circulating and concerns about getting COVID-19 among co-workers. Remember to treat your co-workers with respect and confidentiality.

Why might the Health Department call me?

When a person tests positive for COVID-19, the Health Department contacts them to find out who they were in close contact with during their infectious period (beginning two days before the start of symptoms or two days before a positive test result for people who did not have symptoms). Close contact means being within 6 feet of each other for at least 15 minutes. The Health Department will follow up with each close contact to assess their risk for COVID-19 and provide information about staying home and the importance of getting tested.

When would I need to quarantine and stay home from work?

If you **were** in close contact with someone with COVID-19 while they were infectious, you should quarantine for 14 days. Day 0 is the last day you had contact with that person. There may be some exceptions on quarantine guidance based on your type of employment and staffing capacity. The Health Department will provide you with specific guidance and next steps to take.

You can contact your health care provider about getting tested on or after day 7 of quarantine, if you have had no symptoms. This option is not available to those who work in close congregate settings where there is a high risk of transmitting COVID-19 to vulnerable people, such as assisted living and detention facilities. If your test is negative, you may end quarantine early and go back to work.

For both close contacts and people who tested positive: Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. The Health Department does not provide letters indicating that you can return to work.

If you **were not** in close contact with someone with COVID-19 while they were infectious, you may go to work and you do not need to quarantine.

What else should I know about COVID-19?

- Diseases can make anyone sick regardless of their race or ethnicity. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

English

- People can spread the virus that causes COVID-19 up to two days before they have symptoms. However, some people with COVID-19 do not have any symptoms.

- COVID-19 is thought to spread through close contact from person-to-person, through respiratory droplets produced when an infected person coughs, sneezes, or talks. Avoid touching your eyes, nose, or mouth with unwashed hands.

- Cover your mouth and nose with a mask when around others outside of your home.

- Stay home from work if you develop a fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea. Contact your health care provider for testing.

- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.

- Avoid sharing items or workspaces with others and thoroughly clean workspaces prior to working and after you are done for the day.

- People who test positive should not return to work until they have completed home isolation.

- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

- Areas that were used by someone who tested positive for COVID-19 can be used by other people once the areas have been cleaned and disinfected. If it has been seven days since the person was in the area, additional cleaning beyond routine cleaning and disinfection is not necessary.

Where can I find more information and support?

- Vermont's COVID-19 Website

- COVID-19 Frequently Asked Questions

- How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic

- Communities, Schools, Workplaces, and Events

- What to do if you are a close contact of someone who is diagnosed with COVID-19

- Coping With Stress

- How to Protect Yourself & Others

English